



Basic Whole Wheat Waffles

Breakfast, School Lunch

Makes 8 to 12 waffles

INGREDIENTS

- 2 cups whole wheat flour
- 1/4 cup icing sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 eggs
- 1 1/2 cups milk
- 3/4 cup cooled melted butter

DIRECTIONS

1. In a large bowl whisk 2 eggs, milk and cooled melted butter.
2. Add whole wheat flour, icing sugar, baking powder, salt and baking soda and mix together until combined. (A few small lumps are fine.)
3. Preheat a waffle iron; lightly brush with butter, then using 1/3 measuring cup pour batter into waffle iron so each section is three-quarters full. Cook until the waffles are golden and crisp.

SUBSTITUTIONS OR ADD INS

Ham & Cheese: 1 cup shredded cheddar cheese + 1 cup of lean ham

Apple Cinnamon: 1 cup shredded apple + 1tsp cinnamon